

step 1: my vision What do I want this year to look like? To feel like?

Within each circle ask yourself what is most important to you and what you can do to improve upon these areas for a more balanced life.

physical health

mental health

spiritual health

personal growth

marriage / partner

family / friends

career

home

pure joy / fun

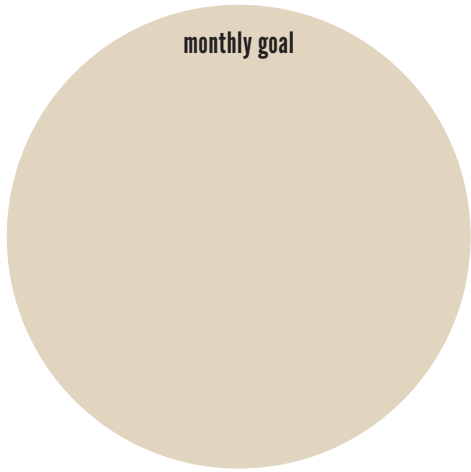
adventure / travel

community

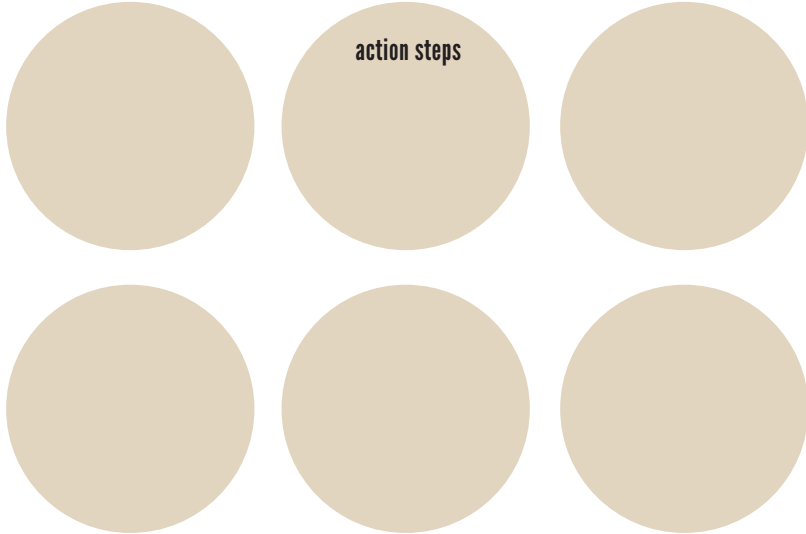
finances

JANUARY

**GAME ON.
TIME TO
MAKE THE
MAGIC
HAPPEN.**



monthly goal



action steps

3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

.....
.....
.....



This month I did / did not reach my goal. Why?

.....
.....

Overall I would rate my effort towards my goal (1-10)

.....
.....

Next steps:

.....
.....

My reward:

.....
.....

commit. plan. succeed.

JAN 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

31

1

new year's day
kwanzaa ends

2

3

4

5

6

NOTES

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

martin luther king jr. day

22

23

24

25

26

27

28

29

30

31

1

2

3

JAN 1-6

MONDAY 31

TUESDAY 1

WEDNESDAY 2

THURSDAY 3

FRIDAY 4

SATURDAY 5

SUNDAY 6

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

Grid of dotted lines for notes.

Calendar grid for Thursday through Sunday with numbered rows (5-7) and columns for each day.

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

5			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			

5			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			

JAN 21-27

MONDAY 21

TUESDAY 22

WEDNESDAY 23

THURSDAY 24

FRIDAY 25

SATURDAY 26

SUNDAY 27

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

5

6

7

8

9

10

11

12

1

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7

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

JAN 28-FEB 3

MONDAY 28

TUESDAY 29

WEDNESDAY 30

THURSDAY 31

FRIDAY 1

SATURDAY 2

SUNDAY 3

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
5			
6			
7			
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